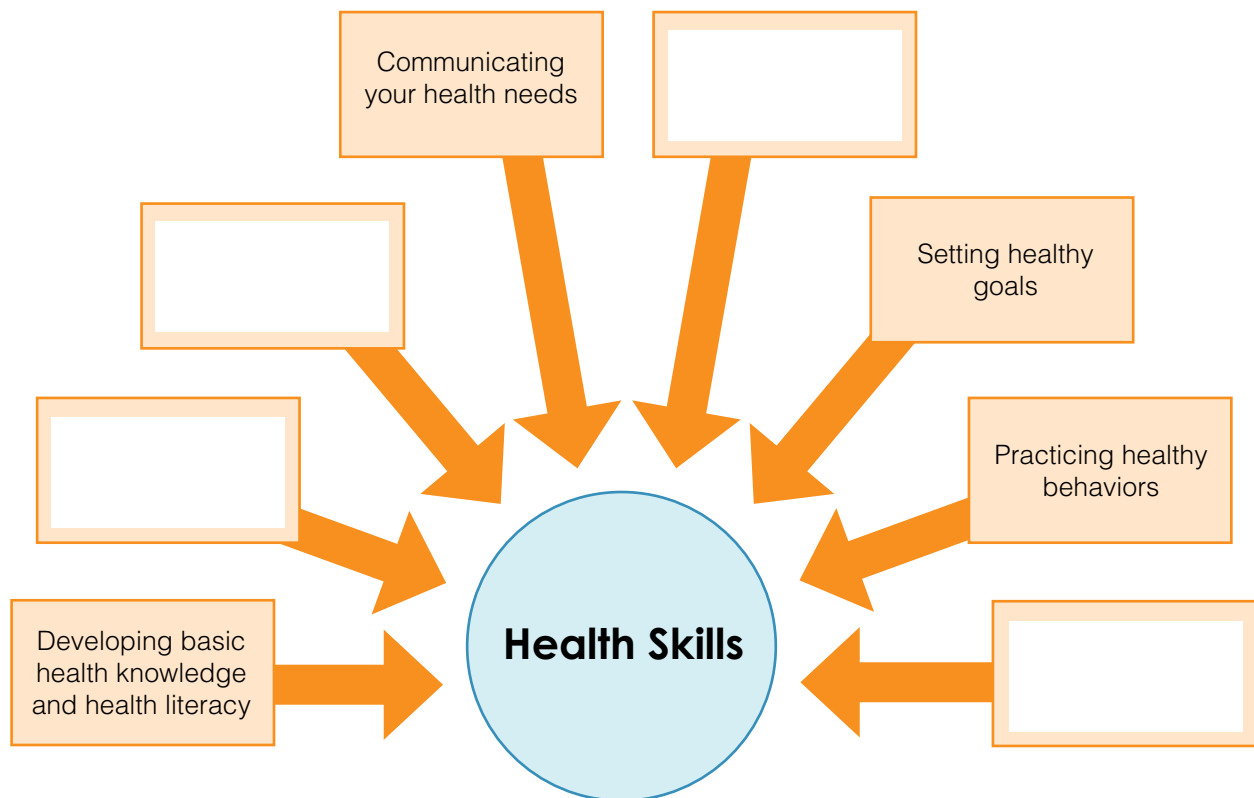


What Are Health Skills?

1. What is health literacy?

2. How are habits related to health literacy?

3. Fill in the remaining four health skills in the empty boxes.



Accessing Valid and Reliable Health Information and Services

4. Information should be both valid and reliable. Explain the difference between these terms by defining them in the spaces.

Valid:

Reliable:

Types of Web Domains

5. Briefly explain each web domain listed below.

.gov is for _____

.edu is for _____

.org is for _____

.com is for _____

.net is for _____

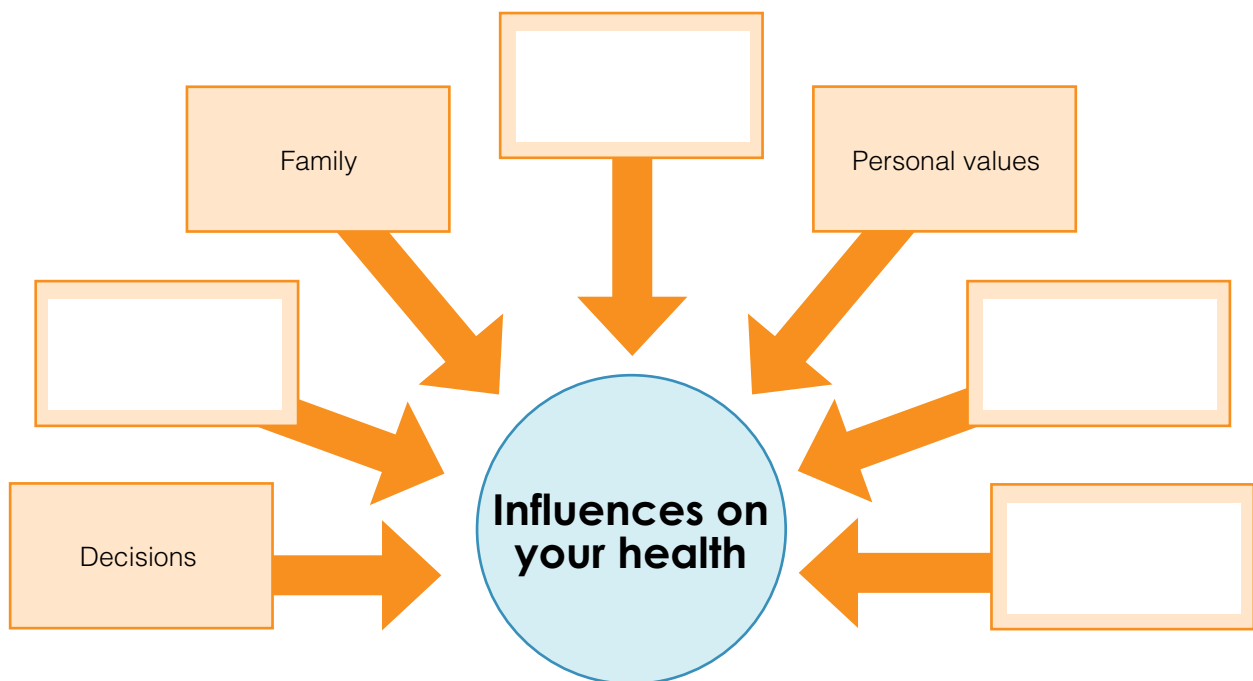
.biz is for _____

Communicating Your Health Needs

6. Identify four common communication skills you need to be healthy.

Making Healthy Decisions

7. Identify influences on your health by completing the chart below.



Setting Healthy Goals

8. SMART goals can be short or long term. Explain the difference between short- and long-term goals, and provide an example of each.

Short-term goal:	
Long-term goal:	

Advocating for Good Health for Yourself and Others

9. To advocate for good health, you should follow these steps. Fill in the empty boxes to complete the steps and identify what question each step asks.

Identify behavior	• What do you want to do or change?
	• What information will help your message?
	• Whom are you trying to reach or affect?
Develop the message	
	• Did it work? What was the outcome?